

**\*Buy any  
3 and get  
4<sup>th</sup> FREE**

# SIMPLY SAVE £££'s

All items marked with \* are Buy any 3 and get 4th FREE - Lowest priced item will be supplied FREE.



**From only 74p per pair!**



## \*Lifestyle Ear Candles

- Ear candles have been used in ancient indian medicine for many years; they create a light suction action (chimney effect).
- Made from unbleached natural cotton and beeswax and are fitted with a filtered end which is curved in shape to make it comfortable and safe for ear insertion.
- Excellent burn qualities, they really are a professional therapy choice.
- A usage sheet is available at [www.physique.co.uk](http://www.physique.co.uk) should you require instructions.
- Barrel contains 20 pairs of fragranced candles (4 pairs of each Corn Mint, Rosemary, Lavender, Sandalwood and Rose)

**Barrel price £19.80 (£0.99 per pair)**



## Hot Stone 60 Piece Set

Carved from organic basalt stones, these uniform shaped stones retain heat and are an excellent means of delivering "Hot Stone Therapy Massage".

- 3 X-large flat ovular • 6 Large flat ovular • 10 Medium flat ovular • 6 Small flat ovular
- 8 Small round • 8 Toe stone • 6 Small circular facial • 4 Small ovular white marble
- 2 Miniature pressure/deep tissue • 7 Chakra gems • Packed within a bamboo box.

**60 Piece £54.99**

## Hot Stone 22 Piece Set

- 8 Large flat ovular • 8 Medium flat ovular
- 4 Small ovular • 2 Miniature pressure point
- Packed within a bamboo box

**22 Piece £26.99**



## Stone Heaters

- Thermostatically controlled system to ensure constant measured temperature.
- Stainless steel outer with lightweight aluminium lid.
- Supplied with a wooden spoon plus free temperature gauge.
- Dimensions 6qt 38 x 28 x 18cm.
- Dimensions 18qt 56 x 37 x 19cm.

**6qt each £37.99**

**18qt each £49.99**



**APPROVED SUPPLIER**

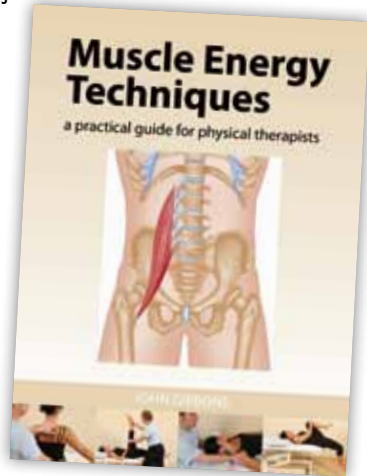
FHT members visit [www.fhtonline.org.uk](http://www.fhtonline.org.uk) for member's discount.



## Muscle Energy Techniques a Practical Guide for Physical Therapists

Illustrates the theory and practice of MET's and how the principles described can be incorporated very quickly and effectively into a treatment plan and can be used to assist in the rehabilitation of anyone who is recovering from an injury. Author John Gibbons BSc (OST) brings years of expertise - he lectures in the field of sports medicine and works with elite-level and Olympic athletes in a wide range of sporting disciplines. This publication is a must read educational title. 192 pages. Paperback.

each £19.99



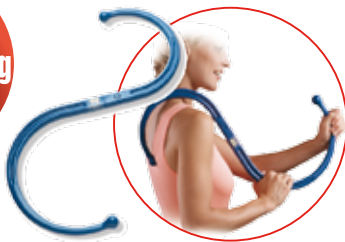
### Roller Massager

- Target areas of muscle tightness, that the foam roller may be unable to reach or unable to apply enough pressure.
- Stretch muscles and tendons, break down soft tissue adhesion and soothe tight fascia.
- Increase in circulation provides stimulation and maximises muscle performance and flexibility.
- The rounded grip ends provide precision trigger point release. Dimensions 56cm long.

each £14.99



**Avoid Tired  
Thumbs During  
Massage**



### \*Therapist Thumb

- The most comfortable tool you may ever use to prevent wear and tear on your thumb, allowing you to give deeper therapy without the strain.
- Can be used comfortably with oil or cream.
- One size 13 x 4cm.

each £5.99



### \*Back Knobber

- Manage your own chronic trigger point pain!
- The 2 different size ends and natural shape allow the user to apply as much pain releasing pressure for as long as required to achieve remarkable effects.

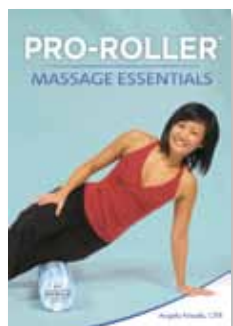
each £23.99

### \*Index & Jack Knobbers

- Allow pain free massage preventing that aching and worn out feeling in your fingers.
- Effectively delivers accurate trigger point massage.
- Select from the Index which can be held in the palm or the jack which has 4 edges for a variety of pressure point tasks.
- Each Knobber has 2 different size knobles to cover small and large surface area massage.

Index Knobber each £5.99

Jack Knobber each £5.99



### Pro-Roller Massage Essentials

Target specific areas of tightness or tenderness using the Foam Roller and how to control the amount of pressure put on each region.

The rolling movements demonstrated inherently encourage integration of body and mind - teaching the brain to signal the muscles to relax. Paperback. 31 pages.

each £9.99

There are many more foam roller exercise books available please visit web site.

### \*Foam Rollers

- Our most popular choice foam roller, used in Pilates, yoga, balance training, massage and therapy, the white foam is also ideal for myofascial relief.
- Available in full round 15cm and 1/2 round to start progressive exercise programmes.

15cm round by 90cm each £12.49

15cm round by 45cm each £7.99

15cm 1/2 round by each 90cm £7.99

15cm 1/2 round by each 45cm £4.99



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### \*Bolster Cushions

- Bolster 1: Half round. For support and comfort under legs, back and shoulders. Dimensions 63 x 15cm
- Bolster 2: Full round. To relieve tension and add extra support. Dimensions 63 x 15cm.
- Bolster 3: Support pillow. Offering clients maximum comfort when lying on their back. Dimensions 37 x 30 x 9cm.
- Bolster 4: Head and neck support: Soft anatomical cradle to give support to the face, head and neck. Dimensions 28 x 28 x 10cm.
- Bolster 5: Ladies comfort cushion. Provides female clients comfort during face down massage. Dimensions 45 x 65 x 10.5cm.

**Bolster 1 & 2 £16.99 each**

**Bolster 3 & 4 £14.99 each**

**Bolster 5 £19.99 each**



### \*Couch Cover

- Elasticated edges and tapered finish breathe hole gives a perfect fit.
- Cotton based stretch cover, which retains it's shape and colour after washing.
- Fits couches 60 - 72cm.
- Couch cover, available in navy blue.

**each £12.50**

### Paper Towel Rolls

- For use as general hand drying paper or for covering a couch.
- Double Ply and 50m long.
- Made from 100% recycled paper!
- Box 100 double ply tissues for use in the clinic.



**25cm each £1.79**

**50cm each £2.45**

**Case 50cm (12's) £27.00 (£2.25 each)**

**Box of Tissues each £0.89**



### CranioCradle

- An easy to use, very effective therapy system, simply place at base of cranium, relax - revive - restore tired muscles.
- Instant relief for therapists after a long and strenuous massage day!

**each £24.95**



### \*Bolster Cushion Protector

- Fits either full or half round bolsters, soft touch and comfortable with drawstrings to secure.
- Manufactured from 50% cotton & 50% Terylene. Available in red only.

**each £7.99**



### \*Deluxe Fleece Couch Cover Set

- Set includes a fitted fleece crescent cover and fitted table cover to add a luxurious feeling to your table, fully elasticated edges for a snug fit and fits tables up to 84cm (33") wide.
- Manufactured from a Synthetic (90% polyester and 10% Acrylic) soft sheepskin material to give warmth and comfort to your clients. Machine washable.
- Available in cream natural colour.

**each £19.99**

### Paper Towel Roll Holder

- Attaches to the end of your Lifestyle couch and accommodates paper towel roll sizes from 60 - 76cm wide. The push button mechanism holds it in place whilst a complimentary elastic strap holds paper roll in position.

**each £11.99**





### \*Fitted Face Cradle Protectors

- Disposable and flannel face cradle covers for a clean and hygienic barrier.
- Covers are shaped to comfortably surround cradle on any of the Lifestyle Couch or chair products. Flannel covers are machine washable.

Paper pack of 50 £8.99  
Flannel pack of 4 £8.99



### Lifestyle Massage Table Top

- Lightweight (only 2.8kgs) ingeniously designed product for a truly portable head, scalp and shoulder massage.
- Fit onto a flat desk, worktop or couch for an ideal portable workplace massage.
- Folds up simply into a portable carry case. Colours may vary.

each £32.99



### Lifestyle Therapy Chair

- This brand new aluminium massage chair weighs only 9.7kgs but is the sturdiest one around.
- Ideal for any type of spinal treatments: massage, shiatsu, acupuncture and even tattooing. Complete with an easy to transport carry bag.
- Weighs 9.7kgs.

each £109.99



### Lifestyle Therapist Stool

- Single lever height controls with a wipe clean vinyl finish.
- Exceptional value and adjusts from 41 - 50cm.
- Pad dimensions are 30cm.

each £29.99



### Lifestyle Therapy Trolley

- Brighten up your clinic with this very robust and attractive trolley.
- Steel frame but lightweight and sturdy with braked castor feet.
- White enamel finish for easy cleaning. Simple self assembly required.
- Dimensions 63 x 50 x 80cm. (Products not included).

each £64.99



## Lifestyle Therapy Couch

- Lightweight but exceptionally strong, weighs only 16kgs.
- Used at professional clubs for the biggest of players!
- Breathe hole and adjustable backrest.
- Height adjustable from 61-81cm, easy to fold and set up. Soft touch wipe clean surface.
- Dimensions 183 x 61cm.
- Supplied with a FREE Carry Bag & Face Cradle Extension

each £189.99

**Both Supplied  
with a Carry Bag,  
Extended Face  
Cradle &  
Arm Rest**



**Weighs  
only  
10kgs**

## Lifestyle Massage Couch

- Lightweight Aluminium couch at only 10kg! (11kg with face cradle)
- Reiki End Plates, enables you to work closely with a patient at both ends.
- 6cm thick upholstery with sprung mattress for maximum patient comfort.
- Height adjustable from 61-81cm easy to fold and set up. Soft touch wipe clean surface.
- Max working capacity 450lbs/204kg.
- Dimensions 183cm x 61cm.
- Supplied with a FREE Carry Bag & Face Cradle Extension

each £159.99



## Lifestyle Couch Transporter

- Ideal for any mobile therapist.
- Will take a portable couch up to 28" wide and 8.5" thick when folded.
- Folds flat for easy transportation. Massage couch not included.

each £29.99

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### \*Water Dispersible Oil

- Clean and simple, easy to work with.
- Simply wash off hands after massage, no mess!
- Balanced to cause minimal staining even after prolonged use.
- Soya and fractionated oil base, with a citrus smell.

**200ml each £4.69**  
**500ml each £8.19**  
**5 Litre each £44.99**

### \*Massage Lotion

- Lightly oiled, won't dry out and goes a long way.
- Developed for extended massages such as sports.
- Particularly suitable for hairy skin.

**200ml each £4.69**  
**1000ml each £13.99**

### \*Therapeutic Oil

- Developed for extended massages such as sports.
- Excellent quality Sweet almond and jojoba base.
- Lightly added essential oils for a relaxing and refreshing aroma.

**500ml each £8.19**  
**5 Litre each £44.99**

### \*Base Oils

- You may decide to prepare your own oils for massage.
- Easily mix the essential oils with our highest quality, medical grade base oils.
- Grapeseed oil designed for patients with nut allergies.
- Sweet almond or grapeseed.

**500ml each £6.75**  
**5 Litre each £37.99**

### \*Hot Balm

- Old fashioned "changing room" aroma embrocation.
- Contains Methyl Salicylate and Menthol in an oil base.
- Excellent as a pre-match warm up or for heat generation in relaxation massage.

**560ml each £6.75**  
**5 Litre each £34.99**

### \*Arnica Gel

- Alcohol based embrocation, renowned for its healing properties.
- Apply sparingly prior to use of massage oils and lotions.

**200ml each £4.69**

### \*Cologne

- Spirit base to lightly cleanse the skin.
- Prevents oil residue absorbing into clothing following massage.
- Light refreshing aroma.
- Can also be used to cleanse work surfaces of excess oil.

**500ml each £8.19**

**From  
Only  
£6.49**



### Biotone Advanced Therapy

Hypoallergenic and unscented. Remarkably long lasting with the lightest and most pleasant texture. Complete range of Biotone products online.



### \*Oil Holsters

- Clean and convenient allowing hands free work.
- Holster comes complete with 1 or 2 empty bottles, adjustable waist band (extends 66 - 132cm) and a large zipped valuables pouch (on double holster). Colours may vary.

**Single Oil Holster each £6.99**  
**Double Oil Holster each £9.99**

## \*Ice Power

Quickly and effectively relieves pain, inflammation and swelling as well as releasing excessive muscle tension. The effect of Ice Power is scientifically proven and it is a safe product to use for every member of the family.

Ideal for sprains, strains, muscular aches and arthritic pain.

Now available in a 60ml "Kids" tube to cool the skin after minor accidents, on children's bruises and growing pains.

Full information on the product is available on our web site.

400ml Gel	£14.99	200ml MSM Gel	£9.49
150ml Gel	£8.49	125ml Spray	£7.49
75ml Gel	£7.49	75ml Artho Creme	£7.49
75ml Roll On	£7.49	10 Sample Sachets	£2.99
75ml Warm Gel	£7.49	60ml Kids	£5.99



## \*Hot or Cold Packs

- Simply place in the microwave for a hot pack or in the freezer for a cold pack.
- When it's frozen remains flexible to mould around the injury.
- Dimensions: 28 x 13cm.

each £3.29



## \*Instant Ice Packs

- Simply shake, punch and get instant ice treatment, discard after use.
- Contents are biodegradable.
- Ideal for use on the touchline or when travelling.
- Dimensions 20 x 15cm.

each £0.89



## \*Ice Up Massager

- Take it anywhere! Stays frozen for up to 10 hours!
- Ice Up is a barrel for controlled ice massage, leak proof, reusable and durable.
- Fill with water, freeze and then use like a deodorant stick - the plunger slides the ice up as and when required.
- Immediate ice massage increases treatment effectiveness and speeds recovery.

each £15.99

Ice Up Inner £7.99



## First Aid Kits

The number of employees or staff you have and the type of workplace may influence the size and type of kit required.

HSE A up to 10	27 x 27.5 x 9.5	£7.99
HSE B up to 20	27 x 27.5 x 9.5	£10.99
HSE C up to 50	27 x 27.5 x 9.5	£19.99
Childcare up to 10	27 x 27.5 x 9.5	£10.99
Catering	27 x 27.5 x 9.5	£10.99

Life Size Skeleton  
170cm Tall!



100cm tall

170cm tall

40cm tall

## Spine & Skeleton Models

Flexible Spine with femur heads supplied with a stand  
each £45.99

Mini Skeleton (40cm Tall)  
each £19.99

Physique Life Size Skeleton (170cm Tall)  
each £109.99



## RockTape Kinesiology Tape

- RockTape is the only Kinesiology tape engineered to meet the demands of endurance athletes like runners, swimmers and cyclists. Unlike other products, RockTape can be used both to apply compression to promote recovery, or decompression to relieve pain and swelling.
- Available in various sizes, stronger adhesion for longer application and 180% elongation stretch.

Black or Red with RockTape Logo 5cm x 5m  
 Black or Blue 5cm x 5m  
 Black or Blue 10cm x 5m  
 Black or Blue 5cm x 32m Blue  
 Black 10cm x 32m

each £7.99  
 each £7.99  
 each £15.99  
 each £39.99  
 each £99.99

## Tiger K Tape®

- Designed to support muscles and joints through their full range of motion. Relieves pain and assists a weak muscle.
- Improves lymph flow and blood circulation.
- Manages and assists in pain management and support techniques.
- Water resistant – may be worn during heavy workouts and can be left in place during functional treatments.
- Available in variety of colours to encourage player use.
- 5cm x 5m roll.

Blue – Pink – Black – Beige

Size	Each	Case Size	Case Price
5.0cm	£4.89	12's	£53.88 (£4.49 each)



## RockTape Power Taping Manual

PowerTaping provides practitioners and athletes an opportunity to maximise performance outcomes via a conservative, easy-to-apply, safe and method.

The manual provides the Therapist with information about Kinesiology Tape, the physiologic effects, indications, contraindications and the application methods of this movement-based taping technique. Paperback - 117 pages.

each £19.99

Use and application of both Tiger K Tape® and RockTape are covered extensively on our Athletic and Kinesiology Taping Workshop.



For dates and venues on all workshops visit [www.pmtc.org.uk](http://www.pmtc.org.uk) to book online or call 0845 678 7005

Learn-BY-Doing 1 Day Workshop



**Athletic & Kinesiology Taping**  
**Ultrasound Therapy**  
**Core Stability & GymBall® MAX**  
**Muscle Energy Techniques**

SkillsActive



Designed for everyone who treats or rehabilitates clients and patients

### How to order

1. Secure and Safe online at [www.physique.co.uk](http://www.physique.co.uk) - View over 1000 additional sports injury and first aid products.
2. Telephone 02392 471346 speak to an experienced UK based customer service operator who will help and advise you.

3. By post with payment to Physique Management Co Ltd, Alexandria Park, Penner Road, Havant. Hants P09 1QY.

All prices quoted exclude VAT and delivery. Delivery charge for next working day mainland UK £5.95.

All items marked with \* are Buy any 3 and get 4th FREE - Lowest priced item will be supplied FREE.

Physique Management Company Limited Alexandria Park 1, Penner Road, Havant, Hampshire, P09 1QY

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